

Put Your
Best Food Forward
With
HEINZ KETCHUP



22 Great Recipes from Heinz.

Heinz Ketchup tastes great on hamburgers, French fries and hot dogs. But Ketchup is much more versatile, too! Whether you are preparing a quick and easy dish for a family dinner, or a fancier one for a special occasion, Heinz Ketchup can make your meals even tastier and more delicious in a special way.

To help you "put your best food forward," Heinz has created 22 new and different ways to add variety to your menu plans. From Old-Fashioned Bean Soup to Tuna Creole, we're sure your family will love these exciting recipes. Try our ideas or experiment with your own favorites... You'll discover how the great taste of Heinz Ketchup can make your recipes even better.

Your family deserves the best. Give them Heinz... America's favorite for thick, rich Ketchup.

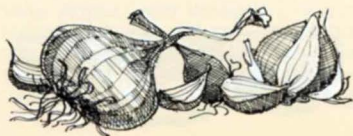


Paella

6 small whole chicken legs, split
2 tablespoons shortening
Salt and pepper
1 cup uncooked regular white rice
1 large onion, sliced
1 large clove garlic, minced
3 cups boiling water
3 chicken bouillon cubes
 $\frac{3}{4}$ cup Heinz Tomato Ketchup
1 teaspoon Heinz Apple Cider Vinegar
 $\frac{1}{2}$ teaspoon salt
1 bay leaf
1 package (10 ounces) frozen peas
 $\frac{1}{2}$ pound raw, peeled, deveined shrimp
 $\frac{1}{4}$ cup diced pimiento

In large skillet or Dutch oven, brown chicken well in shortening. Remove chicken; season with salt and pepper. Drain all but 2 tablespoons drippings. In same skillet, sauté rice, onion and garlic in dripping until onion is transparent. Stir in boiling water and next 5 ingredients. Return chicken to skillet. Cover; simmer 30 minutes. Remove chicken; place in warm oven. Stir in peas; cover; simmer 5 minutes. Add shrimp and pimiento. Simmer, uncovered, until shrimp is tender, about 5 minutes. Remove bay leaf and serve chicken with rice mixture. Makes 6 servings (about 6 cups rice mixture).

See photo on front cover.



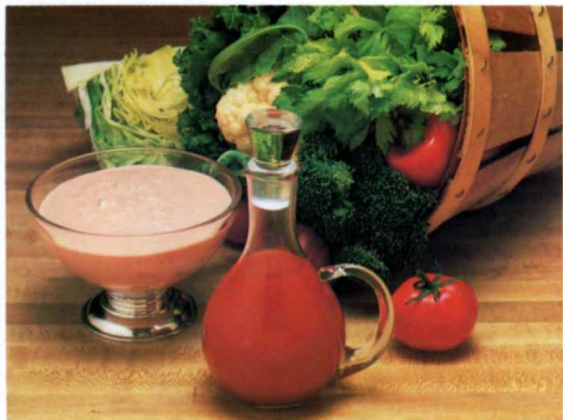


Barbecued Chicken, Southern Style

1 cup Heinz Tomato Ketchup
2 to 3 tablespoons honey
1 tablespoon lemon juice
Dash hot pepper sauce
2 to 2½ pounds broiler-fryer pieces
Salt and pepper

Combine ketchup, honey, lemon juice and hot pepper sauce. Brush the sauce on chicken during the last 5 to 10 minutes of grilling or broiling time. Season with salt and pepper. Makes 4-5 servings (about 1¼ cups sauce).





Creamy Thousand Island Dressing

Combine 1 cup mayonnaise or salad dressing with $\frac{1}{2}$ cup Heinz Tomato Ketchup, 2 hard-cooked eggs, chopped, 3 tablespoons finely chopped green pepper, 2 teaspoons minced onion and $1\frac{1}{2}$ teaspoons lemon juice. Cover; chill. Serve dressing over tossed salad greens, tomato slices or lettuce wedges. Makes about 2 cups.

Family French Dressing

In jar, combine $\frac{1}{2}$ cup Heinz Tomato Ketchup, $\frac{1}{2}$ cup salad oil, $\frac{1}{4}$ cup Heinz Apple Cider Vinegar, 2 teaspoons confectioners' sugar, 1 clove garlic, split, $\frac{1}{4}$ teaspoon salt and a dash of pepper. Cover; shake vigorously. Chill to blend flavors. Remove garlic and shake again before serving. Makes $1\frac{1}{4}$ cups.



Tuna Creole

**1 can (3 to 4 ounces)
mushrooms
¼ cup chopped onion
¼ cup chopped green
pepper
2 tablespoons butter
or margarine
2 teaspoons all-purpose
flour**

**¼ teaspoon salt
Dash pepper
½ cup Heinz Tomato Ketchup
1 can (6½ to 7 ounces)
Star-Kist Tuna, drained,
flaked
Hot buttered rice**

Drain mushrooms, reserving liquid. Add enough water to mushroom liquid to measure 1 cup; set aside. Sauté the mushrooms, onion and green pepper in butter until they are tender. Stir flour, salt and pepper into vegetables, then stir in mushroom liquid and ketchup. Heat slowly, stirring occasionally, until sauce is thickened. Add tuna; heat. Serve over hot buttered rice. Makes 4 servings (about 2⅓ cups).



Skillet Spaghetti

1 pound lean ground beef
½ cup chopped onion
⅓ cup chopped green pepper
1 clove garlic, minced
1 tablespoon shortening
2 teaspoons salt

4 cups water
***½ pound spaghetti, broken into 2 inch pieces**
1 can (1 pound) tomatoes, cut into bite-size pieces
¾ cup Heinz Tomato Ketchup
Grated Parmesan cheese

In Dutch oven or large deep skillet, sauté first 4 ingredients in shortening. Sprinkle with salt; stir in water. Bring mixture to a boil; add spaghetti. Cook, uncovered, 12-15 minutes or until spaghetti is tender. Stir in tomatoes and ketchup; simmer about 10 minutes to blend flavors. Serve with Parmesan cheese. Makes 6-8 servings (about 8 cups).

*½ pound (2 inch pieces) spaghetti is about 2½ cups.



Old-Fashioned Bean Soup

- | | |
|---------------------------------------|--|
| 10 cups water | 2 medium carrots, chopped |
| 1 pound navy beans,
washed, sorted | 2 ribs celery, chopped |
| 2 large meaty smoked
ham hocks | 1 bay leaf |
| 2 medium onions,
chopped | 1 teaspoon salt |
| | $\frac{1}{4}$ teaspoon pepper |
| | $\frac{1}{2}$ cup Heinz Tomato Ketchup |

In large saucepot, bring water to a boil; add beans; boil 2 minutes. Remove from heat; cover; let stand 1 hour. Add ham hocks and next 6 ingredients. Cover; simmer $2\frac{1}{2}$ to 3 hours or until beans are tender. Remove bay leaf and ham hocks from soup; cut meat from bones and return meat to soup. Stir in ketchup; heat to blend flavors. Makes 10 servings (about 11 cups).



Meatballs Gingerly Spiced

**1½ pounds lean ground
beef**

¾ cup dry bread crumbs

¼ cup milk

1 egg, slightly beaten

1 small onion, grated

½ teaspoon salt

Dash pepper

1⅓ cups Heinz

Tomato Ketchup

1 bottle (16 ounces) ginger ale

Hot buttered rice

Combine the first 7 ingredients lightly but well. Form into 30 meatballs, using a rounded tablespoon for each. In large skillet, combine ketchup and ginger ale; heat to boiling; add meatballs. Simmer, uncovered, 40-45 minutes or until meatballs are cooked and sauce is desired consistency; stir occasionally. Serve meatballs and sauce over hot buttered rice. Makes 6 servings (about 2½ cups sauce).



Creole Meat Loaf

½ cup chopped onion
½ cup chopped celery
¼ cup chopped green pepper
2 tablespoons butter or margarine

1¼ cups Heinz Tomato Ketchup
1½ pounds lean ground beef
1 cup soft bread crumbs
1 egg, slightly beaten
½ teaspoon salt

Sauté onion, celery and green pepper in butter until vegetables are tender. Stir in ketchup; combine ½ cup this mixture with ground beef, bread crumbs, egg and salt. Form into loaf (8"x4"x1½") in shallow baking pan. Bake in 350°F. oven, 1 hour. Let stand 5 minutes before slicing. Serve remaining sauce, cold or heated, over meat loaf. Makes 6 servings.

Family Meat Loaf

- 1½ pounds lean ground beef**
- 1 cup soft bread crumbs**
- 1 egg, slightly beaten**
- ½ cup chopped onion**
- ⅓ cup Heinz Tomato Ketchup**
- 1 teaspoon salt**
- ⅛ teaspoon pepper**

Combine ingredients; form into a loaf (8"x4"x1½") in shallow baking pan. Bake in a 350°F. oven, 1 hour. Let meat loaf stand 5 minutes before slicing. Makes 6 servings.

Traditional Bean Bake

- 2 cans (1 pound each) Heinz Vegetarian Beans in Tomato Sauce**
- 3 tablespoons finely chopped onion**
- ⅓ cup Heinz Tomato Ketchup**
- 2 to 3 tablespoons light brown sugar**
- 1 tablespoon molasses or dark corn syrup**
- 2 slices bacon, partially cooked**

Combine all ingredients, except bacon, in a 1½ quart casserole. Top with bacon slices. Bake, uncovered, in a 375°F. oven for 1 hour, stirring occasionally. Makes 4-6 servings (about 3½ cups).





Honey Barbecued Spareribs

3 to 4 pounds spareribs
Salt and pepper
1 cup Heinz Tomato Ketchup
3 tablespoons honey
1 tablespoon lemon juice
Dash hot pepper sauce

Cut ribs into 2 rib sections. Parboil ribs, in enough water to cover, until tender (about 40 minutes). Drain well; season with salt and pepper. Combine ketchup, honey, lemon juice and hot pepper sauce; brush on both sides of ribs. Grill or broil, 6 inches from heat, until ribs are hot (8 to 10 minutes per side). Brush frequently with sauce. Makes 4 servings (1¼ cups sauce).



Bayou Jambalaya

1 medium onion, sliced
 $\frac{1}{2}$ cup chopped green pepper
1 clove garlic, minced
1 cup uncooked regular white rice
 $\frac{1}{4}$ cup butter or margarine
1 cup Heinz Tomato Ketchup
 $2\frac{1}{2}$ cups water

4 teaspoons Heinz Apple Cider Vinegar
1 teaspoon salt
 $\frac{1}{8}$ teaspoon cayenne
1 cup cubed cooked ham
 $\frac{1}{2}$ pound raw, peeled, deveined shrimp

In large skillet, sauté first 4 ingredients in butter until onion is transparent. Stir in ketchup and remaining ingredients except shrimp. Cover; simmer 25-30 minutes or until rice is tender. Add shrimp; continue to simmer, tossing mixture gently with a fork, until shrimp is tender (about 5 minutes). Makes 4-6 servings (about 6 cups).



Zesty Party Dip

Blend $\frac{1}{3}$ cup Heinz Tomato Ketchup, 3 tablespoons milk, $\frac{1}{2}$ teaspoon prepared horseradish, $\frac{1}{4}$ teaspoon salt into 1 package (8 ounces) softened cream cheese. Stir in $\frac{1}{3}$ cup crumbled blue cheese. Cover; chill. Makes about $1\frac{1}{2}$ cups.

Tasty Cheese Dip

Blend $\frac{1}{2}$ cup Heinz Tomato Ketchup, $\frac{1}{2}$ cup dairy sour cream, 1 teaspoon grated onion into 1 jar (8 ounces) pasteurized process cheese spread. Cover; chill. Makes about 2 cups.

“Ketch” A Clam Dip

Blend $\frac{1}{3}$ cup Heinz Tomato Ketchup gradually into 1 package (8 ounces) cream cheese, softened. Stir in 1 teaspoon lemon juice, $\frac{1}{8}$ teaspoon garlic powder, 1 can ($6\frac{1}{2}$ ounces) minced clams, drained. Cover; chill. Makes about $1\frac{1}{2}$ cups.

Serve dips with your favorite crackers, chips or chilled raw vegetables.



Sweet & Spicy Pork Chops

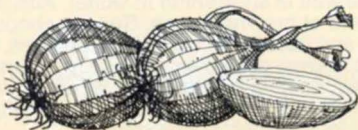
6 pork chops, ½ inch thick
2 tablespoons shortening
1 medium onion, sliced
Salt, pepper, garlic salt
1 can (1 pound) tomatoes, cut into bite-size pieces
 $\frac{2}{3}$ cup Heinz Tomato Ketchup
 $\frac{1}{2}$ teaspoon oregano leaves
Hot buttered rice or noodles

Brown chops well in shortening in skillet. Add onion toward the end of browning time. Season chops with salt, pepper and garlic salt. Combine tomatoes, ketchup and oregano leaves; pour over chops. Cover and simmer 55-60 minutes, basting occasionally, or until chops are tender. Serve chops with buttered rice or noodles. Makes 6 servings (about 2 cups sauce).

Danny Boys

1½ pounds lean ground beef
1½ teaspoons salt
⅛ teaspoon pepper
⅓ cup minced onion
1 cup soft bread crumbs
1 egg, slightly beaten
½ cup Heinz Tomato Ketchup
**1 package (10 ounces) frozen chopped spinach,
cooked, drained**
1 cup soft bread crumbs
1 egg, slightly beaten
1 tablespoon salad oil
½ cup finely grated Swiss cheese
**1 can (10½ ounces) condensed cream of
mushroom soup, undiluted**
⅓ cup milk

Lightly combine first 7 ingredients. Line 12 muffin cups (3"x1½") with approximately ⅓ cup meat mixture, leaving an indentation in center of meat. Combine spinach and next 4 ingredients. Fill meat cups with about 1½ table-
spoons spinach mixture. Bake in 350°F. oven for 30-35 minutes or until meat is cooked. Meanwhile, combine soup with milk; heat. Serve sauce over meat cups and garnish with pimiento strips, if desired. Makes 6 servings.





Sloppy Joes

Brown 1 pound ground beef, $\frac{2}{3}$ cup chopped onions in shortening; drain fat. Stir in 1 tablespoon flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper. Add 1 cup Heinz Tomato Ketchup, $\frac{1}{2}$ cup water, 1 tablespoon Heinz Worcestershire Sauce. Simmer 10 minutes, stirring occasionally. Serve in split, toasted sandwich buns. Makes 6 sandwiches (about 3 cups mixture).

Hideaway Franks

On lightly floured board, roll each biscuit from 1 package ($7\frac{1}{2}$ to 8 ounces) refrigerated biscuits into a 4"x3" rectangle. From 1 package (10 per pound) frankfurters, lay a frankfurter on each biscuit; wrap dough around meat; pinch edges together to seal. Place seam side down on baking sheet; make 3 diagonal slits across top of dough. Bake in 400°F. oven, 15-17 minutes or until golden. Heat 1 cup Heinz Tomato Ketchup; spoon over franks. Makes 5 servings.



Stuffed Franks

4 slices bacon, diced
 $\frac{1}{2}$ cup minced celery
 $\frac{1}{4}$ cup minced onion
 $\frac{1}{2}$ cup Heinz Tomato Ketchup
10 frankfurters (1 pound)

$\frac{1}{2}$ cup grated American cheese
10 frankfurter buns, split, toasted

Sauté bacon until crisp; drain, reserving 2 tablespoons drippings. Crumble bacon; set aside. Sauté celery and onion in reserved drippings until tender; stir in ketchup. Split frankfurters lengthwise, being careful not to cut all the way through; fill with a rounded tablespoon ketchup mixture. Arrange frankfurters in baking dish (12"x7 $\frac{1}{2}$ "x2"). Bake in 425°F. oven, 15 minutes. Remove from oven; sprinkle bacon and cheese over filling. Return to oven; bake until cheese is melted. Serve in buns or eliminate buns and serve as a main dish. Makes 10 sandwiches or 5 servings.



Chilly Day Chili

2 medium onions,
chopped
1 green pepper,
chopped
1 tablespoon salad oil
2 pounds lean ground
beef
1 can (1 pound)
tomatoes

1 can (15 ounces) tomato
sauce
 $\frac{1}{2}$ cup Heinz Tomato Ketchup
1 tablespoon chili powder
2 teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
2 cans (15 $\frac{1}{2}$ -17 ounces each)
red kidney beans, partially
drained

In large kettle or Dutch oven, sauté onions and green pepper in oil until tender. Add beef, stirring lightly to break up. Cover; simmer about 30 minutes or until meat loses color. Drain excess fat. Add tomatoes and the next 5 ingredients. Simmer, uncovered, 30 minutes; stir occasionally. Add kidney beans; simmer an additional 15 minutes. Makes 10-12 servings (about 2 $\frac{1}{2}$ quarts).



A Convenient Size And Variety For Every Need

Heinz Ketchup comes in a size and variety just right for you—

14 oz., 24 oz., 32 oz., 44 oz., 14 oz. Hot and new 28 oz. Plastic.

Whichever size you prefer, you can be sure you are serving your family America's favorite for thick, rich Ketchup.

